

## **Nutrition education and your school wellness policy: Where to get help**

### In-school programs

#### ► Extension

University of Missouri's Family Nutrition Education Programs reach more than 60% of school districts with nutrition education programs such as Show Me Nutrition, a pre-K through 8<sup>th</sup> grade curriculum delivered by trained educators targeted to high need schools. This curriculum has been revised to incorporate USDA's new MyPyramid and MyPyramid for Kids.

For more information on this and other programs go to <http://extension.missouri.edu/fnep/> or contact the regional contact – see map on other side

Extension can help a school meet the HealthierUS School Challenge criteria at <http://www.fns.usda.gov/tn/HealthierUS/silvergoldtn.html>

#### ► MO Department of Health and Senior Services

For evaluated nutrition education curriculum available to classroom teachers go to [http://www.dhss.mo.gov/Nutrition\\_School/Curriculum.html](http://www.dhss.mo.gov/Nutrition_School/Curriculum.html)

### After school programs

#### ► Extension

University of Missouri's Family Nutrition Education Programs offer a summer and after school food preparation and nutrition education program, Kids in the Kitchen, for three age levels: 6 – 9 years; 10 – 12 years; and 13 – 15 years.

For more information on this and other programs go to <http://extension.missouri.edu/fnep/> or contact the regional contact – see map on other side

#### ► Missouri School Health Coordinated School Health Coalition

Two after school programs are available – 1) ReCharge!

<http://www.healthykidsmo.org/news/GettingStartedReCharge.pdf> and 2) Whiz, Zip & Zap It! <http://www.healthykidsmo.org/news/NutraNet.pdf>

### Farm to School Programs

These programs connect schools with local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing health and nutrition education opportunities that will last a lifetime and supporting local small farmers. For an overview, go to <http://www.farmtoschool.org> or [http://www.foodsecurity.org/farm\\_to\\_school.html](http://www.foodsecurity.org/farm_to_school.html)

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